# ARE YOU

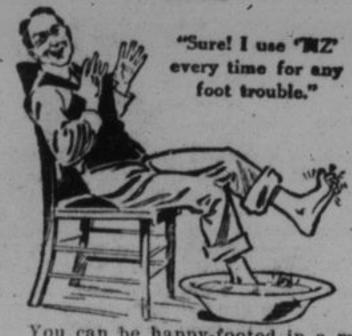
rase of accidents? We all know what serious results often follow minor injuries.

When Zam-Buk is applied to a wound it immediately destroys all harmful germs and extracts all poisonous matter, and thus removes all danger from festering or blood-poisoning. Zam-Buk's, soothing herbal extracts end the pain and banish the soreness. Then the healing essences in this famous balm grow new, healthy skin.

A box of Zam-Buk kept handy. both in the home and at work, will save much suffering, and loss of time and money. 50c box, 3 for \$1.25. All druggists and stores, or Zam-Buk Co., Toronto. Send 1c. stamp for postage on free trial box.

# USE "TIZ" IF FEET

Can't Beat "Tiz" for Sore, Tired, this week. Swollen, Calloused Feet or Corns.



ment. Use "Tiz" and never suffer with tender, raw, burning, blistered, busy throughout the neighborhood seen. It looks good to see the water swollen, tired, smelly feet, "Tiz" and only "Tiz" takes the pain and soreness out of corns, callouses and bun- roads are in a bad condition. The are showing up. Old Mother Earth

a "Tiz" bath, you just feel the happi- afternoon and was well attended. ness soaking in. How good your The first automobile of the season poor old feet feel. They want to passed through the village last Satdance for joy. "Tiz" is grand. "Tiz" instantly draws out all the poisonous exudations which puff up your feet

Get a 25-cent box of "Tiz" at any drug store or department store. Get instant foot relief. Laugh at foot sufferers who complain. Because your feet are never, never going to bother or make you limp any more.

Is healthful, palatable, appetizing and invigorating.

You've tried the rest; now get the

Molasses Peppermint . . . 30c per lb. friends of Mr. and Mrs. Vincent ed home on Thursday after spending the Canadian camps in England at

Marshmallow Nut Bars . . . . 5c each well attended and good work was Peanut Crisp .... 30c per lb. done. Miss Julia McCann, Westport, The Red Cross concert in the Y.M. has cabled to London asking for the

P. H. Baker & Co.

### SAYS WE BECOME **CRANKS ON HOT** WATER DRINKING

Hopes every man and woman adopts this splendid morning

time feeling nervous, despondent, worried; some days headachy, dull and unstrung, some days really incapacitated by illness.

If we all would practice insidebathing, what a gratifying change would take place. Instead of thou- many attended. Damon Goodberry sands of half-sick, anaemic-looking is spending a few days with relatives souls with pasty, muddy complexions at Long Lake. Miss Henrietta Smith we should see crowds of happy, heal- has gone to Detroit, Mich., to visit thy, rosy-cheeked people everywhere. her sister, Mrs. John Beech. Harvey The reason is that the human sys- Cronk made a business trip to Entertem does not rid itself each day of all prise recently. G. R. Howes is prethe waste which it accumulates un- paring to erect a new barn. A num- Herald. der our present mode of living. For ber of men from this place have gone every ounce of food and drink ta- to Trenton, where they have secured

the ashes from the furnace each day trip through here some time ago. fast."-Washington Star. before the fire will burn bright and hot, so we must each morning clear at A. Wagar's; Mrs. J. Gosling and the inside organs of the previous day's accumulation of indigestible waste and body toxins. Men and women, whether sick or well, are advised to drink each morning, before breakfast, a glass of real hot water, tapped their sugar trees and report phate in it, as a harmless means of washing out of the stomach, liver, M. Moulton of Seeley's Bay, on the kidneys and bowels the incigestible 27th, Mrs. Moulton was highly esins; thus cleansing, sweetening and tance. She had reached the age of purifying the entire alimentary canal ninety years. News was received

Millions of people who had their opened on Monday with a good supturn at constipation, bilious attacks, ply of milk. Friends here received acid stomach, nervous days and sleep- word of the death at Raleigh, N.C., of to put an edge on your ap less nights have become real cranks Oscar Chapin, who was born at Plum put power in your blood, induce about the morning inside bath. A Hollow sixty-six years ago. Edward restful sleep and restore quarter-pound of limestone phosphate will not cost much at the drug store, but is sufficient to demonstrate to anyone its cleansing, sweetening and and family have moved to the Mor. The drug peril.

FROM THE COUNTRYSIDE

### **Frontenac**

BARRIEFIELD.

event in honor of Mrs. Lothain on Messrs, Brown and Percival. Friday afternoon, Mrs. Lothain has returned to Montreal, having spent the winter with Mr. and Mrs. War-

March 28 .- S. Jackson, who has been ill for some time passed away on March 27th. He leaves to mourn

FERGUSON'S FALLS. March 27 .- Miss Alice Quinn, who team of horses, met with a mishap, One of them went down in the snow. Monday. L. J. Badour, who was ill and other contents. William Killin ists. with grippe, is moving around again, and Son lost their house and conon Saturday, March 24th, of grippe, ping several car loads of wood. C. Hollinger sold a team of Clydesdale horses last week.

WESTBROOK. March 29 .- Marshall Price is kept with his sawing machine. Owing to again. The same might be said of the heavy storm on Tuesday the the land; large patches of bare earth Red Cross Society met at the home As soon as you put your feet in of Mrs. J. L. F. Sproule on Thursday urday evening. Mrs. Roy Adsitt returned home on Wednesday last from Kingston General Hospital. Rev. L and cause sore, inflamed, aching, John Marley Sunday afternoon. Mr.

and Mrs. J. P. Rose and Mrs. H Snook spent Wednesday last with Mr. and Mrs. B. Rose, Collins Bay, Miss Edith Saundercook has returned to her home here. Stanley Snider. Maple Lane, was a recent visitor in the village. D. Ames lost a valuable cow on Wednesday. Farmers have tapped their sugar bushes and report a good run of sap. William Robinson spent Sunday at his home at Ever Green Valley.

CHAFFEY'S LOCKS.

was spent by the neighbors and 30c per lb. ing bee at Mrs. J. J. Murphy's was Miss P. C. Doyle is visiting at Elgin. was a decided success. The friends of W. Kennish are pleased he is doing well after his IMPUDENT DEMANDS return home soon. J. K. Regan has

returned to his home from Kingsed. Sleighs are a thing of the past and wheels have taken their place. Several people have tapped their maple trees and have made preparations for a large quantity of sap. Mrs. J. W. Simmons visited at Kings-

WAGARVILLE.

Parham, is operating his sawing ma-Why is man and woman, half the chine in the neighborhood. Robins and other spring birds have made their appearance here. A. S. Wagar, hostages to Bulgaria and Turkey, who has spent the past winter in on Sunday last in the Methodist ken into the system nearly an ounce employment. A few young folks of waste material must be carried from here attended the concert at out, else it ferments and forms pto- Parham and an enjoyable evening maine-like poisons which are absorb- was spent. Roads are in a very bad condition. R. A. Hamilton, assessor Just as necessary as it is to clean! for the township, made his annual Visitors: Mr. and Mrs. R. H. Smith family, of Hartington, at C. F. Goodberry's; Mr. and Mrs. Armstrong at Mereanes Cronk's.

WASHBURN'S CORNERS. a poor yield. Relatives here attendteemed by all who made her acquainbefore putting more food into the here to-day of the death at Delta of freshening effect upon the system. I rison farm. Mrs. H. Laforty, who

has been ill, has recovered and is able to resume her household duties. Samluel Barnes, who has been ill, is reported better. The reads are in a March 26 .- Mrs. W. Norman, jr., evening recently at the home of Wil- cult period with necessarily follows gave a birthday party in honor of her liam Hamblin. Richard Wills has the revolutionary upheaval officers little son. Stanley. Mrs. Elljott and the material on the ground to erect and men realize their responsibility little daughter, of Toronto, are the a fine residence. The biggest ship- before the nation and allies for a conguests of Sergt, and Mrs. Gray, ment of automobiles ever unloaded tinuation of the war, and undimin-Sergt, McKay's wife gave a farewell in Athens arrived last week for ished vigor will be their first duty.

### Lennox and Addington

BATH.

March 29 .- Rev. Mr. Seymour Jessie, at home; Mrs. F. Paul. Res- took charge of the services of the William Thomas, who has been ill Newburgh, the pastor there, Rev. for some days, is being removed to Mr. Farnsworth having been sick for the General Hospital, where he will some time. The islanders are not receive medical treatment. Miss coming over very much now owing Mary Mureau made a business trip, to the ice being so weakened by the to Kingston on Tuesday. Mr. and recent warmer weather and rain. Mrs. Thomas Lee at W. W. Roche's On Tuesday last, March 27th, to Mr. and Mrs. Frederick Calver a daugh-

TAMWORTH.

ENTERPRISE EAST. March 27 .- The ice has commenced to break up in the river, and large stretches of open water can now be has laid hidden by a heavy pall of snow for about four months now, and we are al glad to see her again. We understand the cheese factory will commence oprations about the first of April. There has been an abundance of feed this winter and cows should milk, as they have wintered well, Crow Lake, was visiting friends here leading part in future operations. on Sunday. Mrs. J. B. Evans, Moscow, and children, and Miss Nellie WET CANTEEN NOT M. Finn visited at John Scanlan's on Sunday. Misses Katie Dillon and Florence Dunn and George Matthewson, Kingston, were at P. Buckley's Sir Edward Kemp Investigates Monday evening. Misses Frances and Florence McDonald were the guests of Miss Mary Segriff on Saturday. Mr. and Mrs. J. B. Fisher was at Eugene Dillon's. Miss Eva Ottawa, March 30 .- The truth of

MADE ON RUMANIA

ton. The snow has almost disappear- German Asks Immediate Release of All Interned Germans There.

London, March 30 .- An official despatch received from Jassy, Rumania, says the Swiss Minister there fused. It was represented to him, has notified the Rumanian Government on behalf of the German March 28 .- Farmers have tapped Foreign Office that unless Rumania their sugar bushes and report a releases by April 14th all interned good run of sap. James Smith, of Germans, including those of military age, Germany will seize more hostages in the occupied districts of Rumania and will deport these naw The despatch adds that no reply to Parry Sound district, has returned the demand has been made, but that it is not likely that Rumania will ac-

> She (delightedly)-"Father say: pay half the expenses of furnishing He (despondently)-"But who will pay the other half?"-Chicago

> "Gladstone used to chop a tree lown before breakfast.' "Maybe," replied the self-indulgent person. "But I suspect he was one of those people who, most mornings, don't want any break-

Then you must know that March 28.—A number here have sickness leaves weakness and you should commence taking

Scott & Bowne, Turouto, Out.

SETTLING DOWN TO PROSECU-TION OF THE WAR

With Undiminished Vigor-Army Discipline Adheres-Nation is Absolved From Allegiance to Nicholas, Church Says.

Petrograd, March 30 .- Impresdeplorable condition. The wheels are sions of my visit to Riga justify the in use again. A number of friends hope of maintenance of discipline in from a distance enjoyed - a pleasant the Russian army. During the diffi-The seditious propaganda is fast losing its sway over the minds of even

the most ignorant. " The Minister of War and Marine met with rousing reception from the garrison and inhabitants of Pskoff. A huge concourse of soldiers and civilians greeted him at the station. He reminded his hearers that Pskoff had been the scene of the abdication and overthrow of the old regime. In response to his eloquent appeal the ton, Man.; and James, of Kisby. Methodist church on Sunday last in delegates of soldiers, officers and workmen solemnly declared their determination not to waver. Amid tremendous cheers the Minister with-

The chief of the local militia stated that 40 or 50 persons daily had been arrested on arrival at Pskoff disguised as soldiers, and even officers. on suspicion of acting as agents of the old regime. Many of them prov-March 8 .- Roy Evans has gone to ed to be spies and informers in the Camrose, Alta. J. A. Hunter has pay of the old Government or Gered home. W. Rothwell, who was re- several car loads of autos coming in many, and their undoubted presence turning home from Lanark with a a few days. There are three sawing was a "agents provocateurs" among machines here cutting wood. Wil- the ranks of the revolutionary bodies. liam Barry had his hand badly cut The arrest of the editor of Pravda, by a sawing machine. Mrs. William the organ of the Russian Social he got it out. Mrs. M. Gray and her Tryon lost her house and barn by Democratic Labor party, cast discreson Vance visited friends in Perth fire last week, also ten head of sheep dit upon the activity of the extrem-

Archbishop Andrew Prince Vkom-Mrs. W. Burns, of this vicinity, died tents by fire. J. A. Hunter is ship- ski, the new metropolitan of Petrograd, explains in a pastoral letter that the abdication signed by Nicholas necessarily absolves them from the allegiance they owed him when he was the lawful sovereign. The last lingering doubts as to the legality of the new order is thus removed.

The chief commanders of the Russian army all realize their great responsibilities, but there is no suspicion of wavering. They are animated by the firmest confidence in the support of the allied armies. General Ruszky enjoys good health. He takes long walks daily through the ancient city unattended. He is a give an exceedingly large flow of popular idol. General Radko Dmitrieff is hale and hearty and undis-All the summer resorts are making mayed by the prospect of the strugpreparations for the accommodation gle with the advancing hordes of the of the tourists and summer resorters enmy. General Dragomiroff has diswho may come this way. Mrs. Joseph played coolness and promptitude in Kenny is recovering from a severe dealing with the situation at Dvinsk. attack of grippe. There has been which is rendered difficult by the acquite an epidemic of grippe of late tivity of seditious agitators. Genin this community. Edward Hayes, eral Dragomiroff is likely to play a

# BY CANADIAN ORDERS

A British Member's Reported Assertion.

Cassidy, Centreville, is at P. Dfl- the cabled despatch from London lon's. Miss Katie Dillon entertained quoting Mr. McPherson, a member of March 26.—An enjoyable evening a number of her friends on Sunday the British Commons, as saying that the past three weeks with friends in the request of the Canadian authori-Trenton and Belleville. 'Leo Finn ties, is being investigated by Sir Edis visiting Mrs. Vincent Murphy. Hall Friday evening, March 16th, authority on which Mr. McPherson made his assertion. So far as the records here show, there appears to be no authorization given from Ottawa for wet canteens for the Canadian

Major-General Sir Sam Hughes says that he never gave any authority for the departure from the established rule in Canadian militia camps. prohibiting wet canteens. went to England just after the first troops got to Salisbury, he was asked however, that the canteen question was controlled in England by War Office arrangements, and that Canada practically had to act in conformity with the arrangements already made by the authorities in London, After Sir Sam's return to Canada, General Alderson, apparenttuted the wet canteen for the Canadian camps. At any rate Sir Sam and the Canadian officials here assert that any responsibilty for the introduction of the wet canteen for the Canadian troops overseas rests with the overseas authorities, and did not come from any Canadian request,

NEW AFFRONT OFFERED AMERICANS IN BELGIUM

Germans to Impose "News Quarantine" For Four Weeks' Period.

The Hague, via London, March 30.—The Associated Press has been informed from an absolutely authentic source that the German Government will ask American officials and relief workers in Belgium to submit the time not to exceed four weeks, in order to prevent military information.

The time would count from the day the men lay down their present charges and notify the authorities in Brussels of their readiness to depart. They will be asked to assemble at some centre, like Liege, or preferably a German city, such as Cologne, Karlsruhe or Munich, which they would not be allowed to leave for the period

The "news quarantine" would also apply to Brand Whitlock, the American minister in Belgium, and his

When a young man and his girl co to the movies and hold hands they are sure to like the show. According to the city child's idea grass is something you have to keep

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Tweed Rain Coats, \$12.00 to \$18.00.

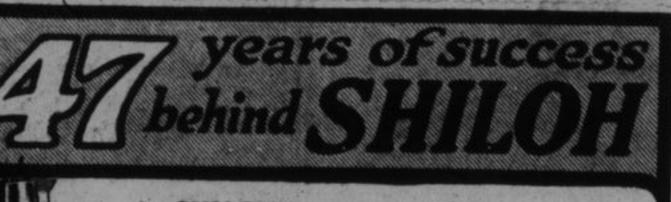
Extra large assortment of fine worsted suitings. Indigo blue serge and cheviot suitings at moderate prices.

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Is equal in food value to three-fourths of a pound of Beef Steak, eight eggs, fifteen pounds of oysters, two pounds of fish, six pounds of tomatoes. And the milk is more easily digested and far more economical than any of the other foods.

Phone 845 - Price's



SHILOH is good for coughs-for nearly half a century that has been the watchword in thousands of homes. Shiloh brings quick relief to an inflamed

cough-racked throat. It cuts the dangerous phlegm in croup, eases a hard tearing cough and is the great preventative of more serious troubles. Shiloh doesn't upset the stomach. It is extremely pleasant to take and because of the small dose you will find it, we think, the most economical medicine you ever used. Let Shiloh cure your next cough.

25c, 50c and \$1.00, at all druggists.

## Pure Clover Honey 20c a Section

At Thompson's Grocery 294 Princess Street, Phone 387.

Sewing Machines, Umbrellas, Suit Cases, Trunks, repaired and re-fitted, Saws filed, Knives and Scissors Sharpened, Razors honed. Al makes of firearms repaired promptly. Locks repaired; Keys fitted. All makes of Lawn Mowers sharpened and repaired.

149 Sydenham Street

LOCAL BRANCH TIME TABLE In effect Jan. 14th, 1917. Trains will leave and arrive at City Depot, foot of Johnson street. GOING WEST

No. 19 Mail . . . . 12.20 a.m. 12.57 a.m. No. 13 Express . . . 2.58 a.m. 3.35 a.m. No. 1 Intern'l Ltd. 1.41 p.m. 2.12 p.m. No. 7 Mail . . . . . S.04 p.m. 3.40 p.m. GOING EAST Lve. City Arr. City No. 6 Mail .. . . . . 12.20 p.m. 12.52 p.m. No. 14 Intern'l Ltd. 1.08 p.m. 1.38 p.m.

No. 28 Local . . . . 6.48 p.m. 7.22 p.m. Nos. 1, 6, 7, 13, 14, 16, 18, 19 run dally. Other trains daily except Sunday. Direct route to Toronto, Peterboro, Hamilton, Buffalo, London, Detroit Chicago, Bay City, Saginaw, Montreal, Ottawa, Quebec, Portland, St. John. Halifax, Boston and New York. For Pullman Accommodation, Tiekets, and all other information, apply

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(Via Plymouth)

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Mrs. Robert Wallace, Belleville, received a cable on Tuesday announcing that her son Lieut. E. D. Wallace, had been killed in an aero-



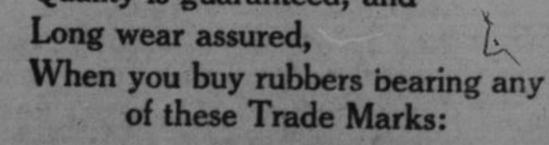
Western Canada and the Pacific Coast Electric Lighted and Comfortably Equipped Trains. To obtain the lowest fare and the most convenient routing apply to M. C. Dunn, City Agent, or J. E. Ivey, Station Agent, or write to R. L. Fairbairn, General Passenger Dept., 68 King St. E., Toronto.

VIA CANADIAN NORTHERN



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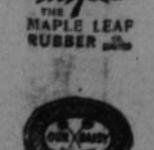


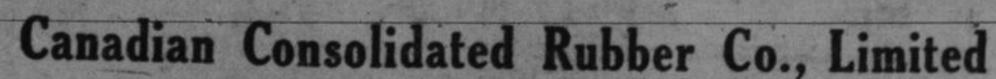


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